

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 06 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for several communities. The cases reflect dates from November 20, 2020 to December 3, 2020. The advisory will be in effect until the risk and cases decline.

The following communities are identified as uncontrolled spread of COVID-19:

Alamo	Kayenta	Round Rock
Aneth	Lake Valley	San Juan
Baca/Prewitt	Leupp	Sanostee
Becenti*	Littlewater*	Sheepsprings
Bird Springs	Lukachukai	Shiprock
Black Mesa*	Lupton	Smith Lake
Bodaway/Gap	Manuelito	St. Michaels
Bread Springs	Many Farms	Standing Rock
Cameron	Mexican Springs	Tachee/Blue Gap
Chichiltah	Nageezi	Teec Nos Pos
Chinle	Nahatadziil	Teesto
Churchrock	Nahodishgish*	Thoreau
Coalmine Mesa	Naschitti	Tohajiilee
Coppermine	Nazlini	Tohatchi
Coyote Canyon	Nenahnezad	Tolani Lake
Crownpoint	Newcomb	Tonalea
Dennehotso	Oak Springs	Tsaile/Wheatfields
Dilkon	Oljato	Tsayatoh
Fort Defiance*	Pinedale	Tselani/Cottonwood
Ganado	Pinon	Tuba City
Hogback	Ramah	Twin Lakes
Houck	Red Lake	Two Grey Hills
Indian Wells	Red Mesa*	Upper Fruitland
Iyanbito	Rock Point	White Cone
Jeddito	Rock Springs	White Horse Lake
Kaibeto	Rough Rock	

* Chapters added in the new 14-day period (November 20 to December 3, 2020).

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness

- Older Adults
- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Might be at Increased Risk for Severe Illness

- Asthma
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website:

<http://www.ndoh.navajo-nsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.